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UFO spotted at MHCC
Out of this world arts
on pg. 4

Open your eyes
Student art makes an impact
on pg. 7

Headed to the Barre?
Haliburton's newest exercise class pours one out on
pg. 11



A sweet Pine Marten decides to "paws" for a picture in Algonquin Highlands. Photo by Tammy Nash

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2024 – A quiet winter for birds

ED POROPAT
County Life Contributor

The 58th annual Christmas Bird Count was held on Saturday, Dec. 14, 2024. The weather was near perfect, with mostly clear skies, relatively mild temperatures, and light winds. A group of 29 field observers fanned out across the prescribed count circle to record as many birds as possible in a 24-hour period, providing a snapshot in time of winter avian populations in southern Haliburton County. Meanwhile, other participants scanned their feeders for any species that might be visiting their yards for a tasty meal. By the time evening fell, a total of 3234 individuals were tabulated, representing 44 different species. How do these findings compare to other years?

Overall, despite the near average diversity, birds were scarce and not easy to find this winter. This was not a surprise, however. 2023 was a banner year for seed production across the county. In response, many birds remained here to feast on the plentiful cones. Other winter finches invaded the area from surrounding regions to also enjoy the bounty. The exact opposite is true this year. Natural food is scarce in the woods, resulting in mass migrations of some species during the fall. You may have noticed that Blue Jay numbers are significantly lower this winter (thousands migrated south in autumn, mostly due to the lack of acorn production), and Purple Finches are absent (the Balsam Firs produced very few cones in 2024). Even some of our resident Black-capped Chickadees likely moved out of the region, toward areas with better natural food availability.

A closer look at the numbers

Waterfowl were well represented this year. Although the smaller lakes and ponds were frozen, the larger bodies of water such as Gull Lake remained ice-free. Trumpeter Swans continue their slow but steady rise in population with a record high of 20 birds observed this year. Buffleheads were also plentiful, with 32 birds counted in the circle. Overwintering Mallards (397)



A wide variety of reasons could contribute to the decline of common birds, generally seen in Haliburton County this time of year. While access to food and predation may be one reason, climate change likely contributes to the others. /photos by Ed Poropat.

were in near-record numbers, enjoying the many areas of open water. A closer scan of the flocks might reveal a few different birds enjoying their company. A female Wood Duck was found in Minden, for example, providing only the 7th record in the 58 years of the count. Diving ducks such as Common Goldeneye (50) and Hooded Merganser (63) were relatively common along the Gull River and in the larger lakes. Red-breasted Mergansers (6) were a nice find on the day of the count, as they are uncommon in Haliburton County. A few Common Loons (3) lingered in the region. They will continue south once the larger lakes begin to ice over.

Wild Turkey numbers (195) appear to be healthy, after many years of population growth. Ruffed Grouse (9) were not easy to find, suggesting an ebb in their population cycle. Raptors continue to do fairly well in the area. With the high seed production in 2023, rodents will have had a very successful breeding season, providing predators with a plethora of food. The six Red-tailed Hawks observed was above average in number. Bald Eagles (6) seemed scarce on this day, but they will travel long distances to feast on a deer carcass. They were observed regularly before count day. A Sharp-shinned Hawk in Minden was only the 15th ever seen during the count. Even rarer, an adult Cooper’s Hawk was observed hunting pigeons south of Minden on the 13th. A robust rodent population also results in stronger owl numbers. Barred Owls (3) were observed by several participants but a Snowy Owl found along Horseshoe Lake Road during count week was an exceptional sighting.

Although monitoring over several years is required to accurately determine real population declines, some of our resident species appear to be struggling. Black-capped Chickadees (907) have shown below average numbers for the past four years. Some of these fluctuations might be attributable to food availability and movements. Additionally, with the high price of bird seed, fewer people seem to be feeding birds, making them more challenging to detect on count day. This might also account for the apparent reduction in numbers. Time will tell! Downy (30) and Hairy (57) Woodpeckers, however, have plenty of trees to feast on. And yet, their numbers appear to be declining. The cause is unknown at this point. Most Red-breasted Nuthatches (49) migrated south in the fall due to the scarcity of cones so their low numbers this winter are no surprise. White-breasted Nuthatches (80), on the other hand, appear to be holding their own after several years of population decline.

As predicted, most of the winter finches such as crossbills, redpolls, purple finches, and grosbeaks were non-existent or few in number due to the lack of natural food. The only finch to appear in healthy numbers was the American Goldfinch (234).



Rarities and Misses

Because birds are capable of flight, they can show up anywhere, pushed by strong winds or following an inaccurate internal compass. One of the highlights of any Christmas Count is finding some of these stray birds. Although no new species were recorded this year, a few surprise individuals were found. The Common Grackles (3) found at two different feeder locations within the circle were significant finds. They rarely overwinter in Haliburton County. In addition to the aforementioned Wood Duck, two different gull species lingered in the area. Ring-billed Gulls dislike the snow and usually disappear with the first snowfall of the season. Despite this, a single flyover was recorded by one group on count day. Herring Gull is more expected but still quite rare on this date - a single bird was observed. With copious food in the north, Pine Grosbeaks have not ventured south this winter so the single bird flying over Sandy Bay was an excellent record for count day.

Despite more than 91 hours of combined effort, several species were absent on the count this year. Not a single Canada Goose was found on count day, even though it has appeared in eight of the last 10 years. Our only predatory songbird, the Northern Shrike, was missed again in 2024. It has not been recorded in the last three years of the count! And, of course, our boreal species continue to disappear. Canada Jay, Black-backed Woodpecker, and Boreal Chickadee, once expected species in this area, are now almost certainly gone from the circle, likely victims of climate change.

As always, a huge thanks to all the participants for their enthusiasm and commitment. It was tough work out there this year but the effort has provided an accurate picture of what birds we can expect in southern Haliburton County this winter.

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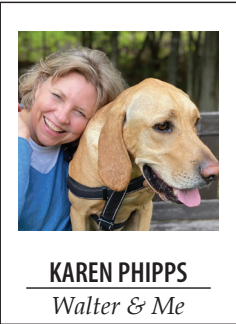
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On to new ventures

WELL, I didn't pop the champagne, but I did get a bag of pretty expensive dog treats as it was a day to celebrate. Walter received a certificate. He successfully completed Basic Obedience Training 1.0 with Snoop Dawg Training. (Actually both our names are on the paper. His name comes first, and I'm fine with that.) We went in together, learned a few tricks, figured out how to co-exist with a little less stress and more controlled exuberance. I no longer feel like I am risking life and limb with every walk. I think, just maybe, we have found a gentler rhythm to our daily lives.

Walter has taught me a lot about myself; hounds, canine restraint techniques, and how long it takes a rib to heal. I can't say my life is better for knowing these things, but I can say my life is more colourful since Walter jumped in the back seat on that hot July afternoon. He was a scared, starving, broken soul who had no idea what comfort or love felt like. I remember

the day well. The colour of the sky, the green of the grass, and the smell - possibly stench - of this long legged, limping creature, whose short seven months of life had really taken a toll.



KAREN PHIPPS
Walter & Me

That day will live in my memory for a long time - etched in many conflicting emotions. Driving home, I knew I just got myself into something that was going to require a lot of time, energy, and probably money. On top of that, wondering how my senior little maltese would manage, and also feeling a bit fearful of my cat's expressions of displeasure. I remember looking in

the back mirror and seeing the long-eared, brown-eyed, jowly character and thinking of Walter Mathau of *Grumpy Old Men* and *Odd Couple* fame, hence the name Walter.

The days we remember with clarity; the details, the sensory reminders, are usually the days that are pivotal in one sense. They are days we know that our lives have somehow taken a different turn. Making room for Walter in my life required some changes. He arrived at a time where my life was already

shifting into a different gear, he just accelerated the pace a little.

Together we have roughed some changing currents, and while treading water, we found some joy. We explored some incredible places in Haliburton County, and Walter and I shared an appreciation of space - he loved the new smells, and I enjoyed the natural beauty and watching Walter do what he loves. His wagging tail, despite his erratic pulling and tugging, always touches my heart. I enjoyed being outside and seeing some of the beautiful and varied landscape that Haliburton County has to offer. I developed a deep appreciation for the unsung heroes, who maintain the trails for all to enjoy. It's hard to believe that the majority of the vast and extensive meandering pathways carved throughout this rugged county are free to enjoy and appreciate, thanks to the efforts of a relative few.

What started as a cathartic venture, writing about the escapades of Walter and Me, became a lesson in community and helped me develop a deeper understanding of this place we call home. Haliburton County is a complex mix of land and waterways that supports a thriving community of people

who love the space and are a reflection of all this place has to offer. As I write my last Walter and Me column, I'm thankful for the opportunity to share my journey, and while the story has not ended, it has stabilized allowing time and energy for new ventures. I will be starting on a new column called How We Got Here - interviews with local people and their story of how they arrived in this county and what led them to call this place home. I am continually delighted by the people who land in this county; their dreams, experiences, their connections to the past and their hopes for the future.

Walter and I will continue to explore, yin and yang, have moments of joy, and a few of frustration and many of just knowing the comfort that we are sharing this chapter of life together. Some days I have to dig pretty deep to conjure up heartfelt gratitude for Walter, but I know that he has made his way into my heart and has added more sparkle to my daily routines. Thanks for sharing in the journey, and I hope to see you on the trails. If we do, Walter may bark, probably very loudly, he may also lunge, that's not covered until Obedience Training 1.2.



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UFO Group soars into New Year

THOMAS SMITH

County Life Staff

The UnFinished Object (UFO) Craft Group was started by Shannon Quigley, past cultural programming assistant. Under Quigley's guidance, the group was shown new techniques and skills, such as how to attach fasteners to fabric. The group became popular, but had to cease its meetings during the COVID-19 pandemic.

After restrictions were lifted, Mary Trepanier and others reached out to Robert Wong, cultural program coordinator to see if the group could begin meeting again. Wong welcomed the group back with open arms. Trepanier is also a member of Knitting for Warmth, a group of knitters that have created 2,936 blankets out of around 99,000 knitted squares.

The UFO Craft group is a group of like-minded individuals with a love of crafting, run by crafters.

Members of the UFO Craft group are from throughout Haliburton County and the surrounding areas. One member, who is a seasonal resident, often makes the trek from Oshawa to meet regularly with her fellow crafters.

A very casual group, Trepanier says that their meetings are accompanied by a selection of tea, coffee, and cookies to share.

While a casual affair, Trepanier says that the group



A craft submitted by a member of the UFO Craft Group. /Submitted



A Christmas tree craft made by pins and trinkets from Mary Trepanier's mother and grandmother.

fosters an excellent environment in which you can learn the best sources of crafting supplies, new techniques, and methods. Each crafter has their own unique style that they bring to the group. Every week, members are encouraged to bring finished and unfinished projects to show off to each other. Through this show and tell, Trepanier says that it fuels the members' creativity.

Trepanier also runs their Facebook group: UFO Craft Group Minden, Ontario. This Facebook group has allowed Trepanier and other members to share their projects virtually. With the occasional winter conditions, Trepanier finds that having a social connection through Facebook allows its members to remain in contact and share interesting projects with each other. The group encourages anyone and everyone that is interested to join their Facebook group and share photos of your own crafting creations.

When the UFO group first started, they met once a month. By overwhelming demand, the group changed their meeting schedule to once every two weeks.

"You can get out for the day and be creative," said Trepanier.

The act of crafting or repetitive actions like knitting is calming and has the ability to change people's outlooks on life. Crafting methods like knitting allows people to

create things from nothing, a very positive and powerful feeling, says Trepanier.

"You get to do something without being distracted," she said.

In addition to creative endeavours, the UFO group has been skilled in creating and mending clothing. Successful projects have included repairing the seam of a sweater, mending a hole in a hat, and showing someone how to turn the heel of a sock.

"The UFO was a real highlight of my time in Minden," said Quigley. "I'd love to see a group like it where I am now in Waterloo. It's great to meet with people regularly to share ideas and support each other."

The UFO group offers socialization and encourages each member to pursue creative interests. After visiting the group, members find that they strive to create more and more. Members share their individual and unique knowledge with each other, allowing them to grow as individuals.

"Crafting and art is ageless," said Trepanier.

The UFO Craft Group meets in the Welch Room at the Minden Hills Cultural Centre. The group will be meeting Jan. 3 and 17, Feb. 7 and 21, March 7 and 21, April 4 and 25, May 9 and 23, June 6 and 20. Personal supplies must be brought.

For those wanting to join the UFO group, Trepanier asks for people to bring their projects and be ready to craft and create.



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Windows

DEB REED

County Life Contributor

If you stare long enough at a word, it begins to morph both weirdly and obviously. From historical Old Norse through Middle English, the origin of window quite literally meant 'wind-eye'. Light and air were vital for indoor living, and soon enough, technology needed to invent a material which protectively permitted both.

Paper windows were used in ancient Asia, and the Romans were first to try actual glass. Original use of the English term window was recorded in the 13th century, and it represented unglazed roof- and wall-holes which could also be shuttered. By the 1500s, flattened animal horn was sometimes applied to openings. Greased paper was used in less affluent dwellings until glass production was industrialized and the product became available almost everywhere by the 1800s.

Teachable moments and my helpless geekiness aside, it's endlessly cool to check out the nature of things! Word origins often reveal the development of vocabulary we take for granted. Fans of etymology make easier links to meanings using the original languages of civilization. For example, the French word for wind is 'vent' ('ventus' in Latin), and it's the root inside many modern English terms relating to air. Students

who learn such connections can link so much more to history.

Our personal windows help frame the world through vistas which sprawl beyond our homes and 'indoor' thinking. We choose rooms with a view so our emotions can receive light, distance, colour, movement - all those visual factors which stimulate our wider musing. There's an actual Facebook page inviting posts of window perspectives from indoors out. Users have a social platform in which to share photos of what moves them, from sunsets to snowflakes, from cats to catastrophes. Universal glass in trains, planes, apartments or automobiles offers constant panoramas of life beyond the dark corners of our personal shutters. Barrier AND illumination!

Panorama...etymology geeks know it derives from combining two Ancient Greek terms, pan (all) and horama (sight) into one unique concept. Panorama isn't just a Smartphone camera application. Words were all born somewhere, and they continue to morph along the way!

Morph...it stems from Ancient Greek for shape. Put prefix meta (beyond) in front, and metamorphosis makes a lot more sense. Even modern info-tech monster META borrowed its classical meaning!

Also in Greek, micro means small. Speaking of tech, WINDOWS, the powerful computer graphics operating system, was launched in the mid-80s by MICROSOFT, ironically the world's

biggest public software corporation. Public. It's Latin. From publicus/ poplicus/ populus, meaning people...

Apologies...enough etymology! Not everyone cares. Excessive geek-splaining. It does help make sense, though. But briefly back to glass and other clarity...

Did you know that glass can also mean a mirror, magnifier, binoculars, gunsights, telescope or drinking ves-

sel? And window can metaphorically imply access, peek, opportunity, pathway, connectivity and enlightenment? Metaphorically uses the prefix meta again, along with phero (carry).

Not every word requires such pedantic explanation. Nowadays, ordinary windows seem so pedestrian. Check into their etymologies. Or do you already know...?

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Editorial

Gather

THIS TIME of year, I find I am often more insular than others.

My idea of a perfect night is a warm cup of tea with a good book, in bed before 9 p.m.

And I think that's okay. After all, it is a time for hibernation, for inner growth, for rest.

But the other day, I had a meeting scheduled with one of the organizations I am involved with. It was a strategic planning session, and I often find those offer value, but I wasn't exactly looking forward to it.

That meant I had to leave my house. The horror.

But, I put on my big girl pants and committed to getting out.

And I am so glad I did.

Because while there is a time and a place for rest and relaxation, so much of the magic in this community happens when groups of people gather.

We went into a room as many people with dif-

ferent backgrounds, different experiences, different visions for our community. And after hours of reflection, conversation, and ideas, we had made something happen.

Because the magic happens when groups of people gather.

And people gathering isn't exclusive to professional settings. Magic can happen when people get together in all contexts. You can workout by yourself in your basement (and kudos to you if you do!), or, you can join a group class and feel the energy and enthusiasm in the room.

You can learn new things by scrolling on your phone on your own. Or, you can join a class or public forum to explore different perspectives on that same topic that drives you. You can sit by yourself each and every day, and while there is value to rest, there is a different type of experience available by socializing in a group, and being surrounded by life.

The term "community" is often applied to a village as a whole, but finding your community can come in so many shapes and sizes. It can be any group of like-minded people who share a common goal.

And sometimes, if you have a really good commu-

nity, you will disagree. And if it's a community built on trust and respect, you can voice your opinion. It will add value, dimension, and depth to your community to offer a different perspective.

When you are surrounded by people who appreciate your very existence, then altering opinions have their place. That's how we grow.

My step-daughter made a piece of art the other day at school. Amongst the little pink stick people, there are roughly-written words.

"Safe" "Fun" "Loving" "Kind"

And at the top of the crumpled piece of paper, in sweet little etched pencil, is the word community with soft pink hearts coloured around it.

Because the magic happens when groups of people gather.

I encourage everyone to find some sense of community this year. That could be joining a volunteer organization, a service club, an exercise group. It could be a book club, a local event, or even an online chat forum.

While a warm cup of tea and a good book is a great night, there is value in connecting with others to make magic happen.



EMILY STONEHOUSE
 County Life Editor

Top 10 things the sled dogs are thinking

SLED DOG TEAMS are a remarkable thing. You have all those dogs and the musher working in unison towards one common goal. They are a unit.

But, they are individuals too. Which is why I've always wondered what the dogs in the team are thinking. Here are my top 10 guesses.

1. First dog: Our musher must have a lousy sense of direction. Every time we run for an hour, we end up back where we started.

2. Second dog: If we pass another fire hydrant this trip is going to take a very long time.

3. Third dog: I don't mind sniffing another dog's butt, but

this is ridiculous.

4. Fourth dog: I guess the guy on the sled is management.

5. Fourth dog: I guess the Mexican team and their chihuahuas never worked out.

6. Second last dog: These poop and scoop regulations really slow us down.

7. Every dog but the leader: Worst view ever.

8. Every dog but the leader: For the love of God! No sudden stops!

9. Last sled dog: Lord, I don't ask for much. But please let all those dogs ahead of me be constipated.

10. Every dog: If someone throws a stick, all hell is going to break loose.



STEVE GALEA
 Humour Columnist

Frozen

Sunlight blinking through the eyelashes of trees, fringing the frozen Lake,
 stillness veiling the hills and Air, 'till a gust of Wind sweeps it away,
 and I curl into my coat collar, feeling flimsy and frayed as the stray feathers that are scattered on the shore,
 amongst the pebbles and stones and a few old tree bones, weathered by Wind,
 as I walk past them, wondering what kind of trees they were, before they became nameless remains,
 Wind whipping along the shore, snatching my Breath, that I muffle in my scarf to try and keep it warm,
 the orb of Sun blinking between the trees on the opposite shore, cold and hard and bright,
 polishing the ice that sheathes the Lake, my feet wandering over towards its edge,
 wondering whether it's thick enough to walk across, the openness of all that space, luring me,
 turning up my collar against the Wind, walking backwards for a few steps along the shore,
 peering down at the feathers that untethered from their wings,
 wondering whether they loosened in mid-flight or when the gulls were already on the shore,
 not sure what drew me out here today, to skirt the edge of the frozen Lake,
 to inhale Wind and drink in this mottled dome of Sky, craving space and fresh Air after being inside for two
 whole days,
 watching snowflakes drift past the window, Snow cloaking the branches of trees and the frozen earth,
 smoke curling from the chimneys of the few houses I see, wondering whether their inhabitants
 are nesting like me,
 eating and reading and resting, 'till my thoughts and legs grow so restless, they nudge me Outside,
 to inhale pitchersful of cold, crisp Air, as I clomp my way down towards the shore,
 passing three seagulls squawking up in Sky, wondering whether the missing feathers make their
 flight a splinter lighter,
 plucking one up that's plastered across a cluster of pebbles, smoothing the frayed strands of feather
 with my fingers,
 the motion soothing the restlessness brewing inside me, wondering what will be,
 waiting for the New Year to hatch, as Wind seizes my Breath but I snatch it back, inhaling long and deep,
 the Lake sleeping beneath its ceiling of ice, as I waver on the edge, staring into the sunlight,
 blinking between the trees,
 as I take my first steps, hearing a crack, so I step back, remaining on the shore
 with the pebbles and feathers and weathered relics of trees, Wind whirling all around us,
 the stillness of the hills, spilling into me, as I stand here, frozen, on the shore, feeling my Breath, breathe,
 watching and waiting 'till the orange orb of Sun sinks into the hills, before I leave.

Sylvie Kalenda

Open Your Eyes

Rails End Gallery closed the year with *Safe and Well 2*, an art exhibition by Grade 7, 9 and 10 students in our community; Grade 9/10 Art Class, Haliburton Highlands Secondary School (HHSS) and Class 7B, J. D. Hodgson Elementary School (JDH). It was a creative response to the four priority areas in the Community Safety and Wellbeing Plan for Haliburton County.

"I'm so impressed by their insights!" was a comment heard again and again about how accomplished and articulate the young artists were in both their visual and written work. The team that presented the show included the students, and decided to put each text on the walls beside the artwork, making for a highly charged and enlightening show!

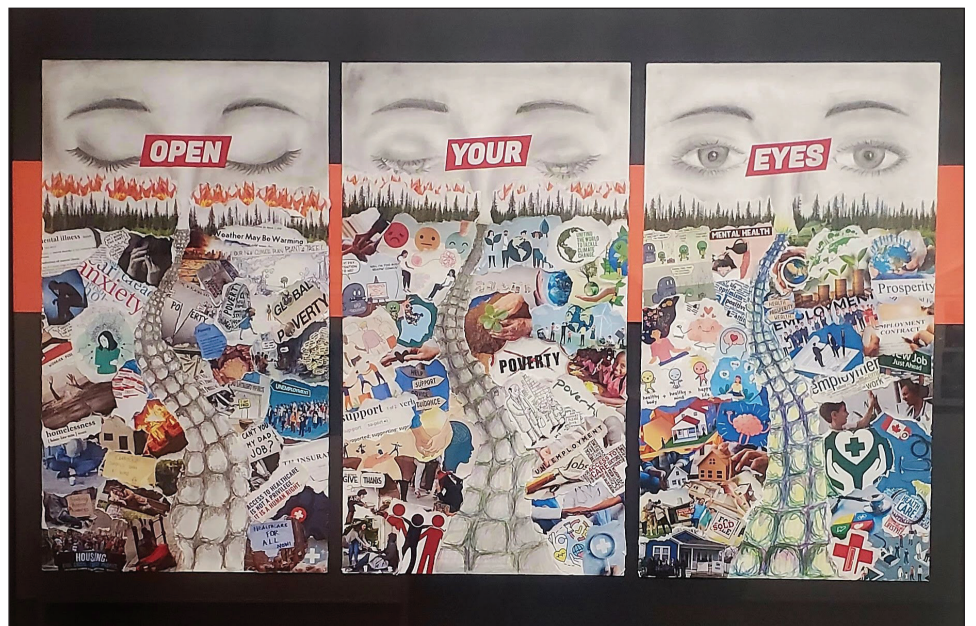
Each class worked with their teachers, Haliburton County Community Safety and Well Being Plan Coordinator, Sue Tiffin and Rails End Curator, Laurie Jones to plan and execute the exhibition.

If *Safe and Well 2* is any indication then, Haliburton's Generation

Alpha members have already experienced many of the disturbing trends away from diversity, equity and inclusion in society, despite their tender age.

A Boomer lamented, "This is such heavy material for such young spirits to reflect on ... why can't they focus on the good things?" But when you see it from a young person's angle, isn't *Safe and Well 2* a very close to home wake up call? When nearly 25 per cent of children in Ontario live with food insecurity, when eco-grief is a condition among Canadian children and adolescents, when we applaud their insights as "artistic" but don't hear the message, it's time to start listening better – or as one of the young artists said: "Open Your Eyes".

Submitted by Laurie Jones, Curator, Rails End Gallery and Arts Centre



Penny, Penny, bright as a penny, don'tcha know

DEAR READER, Why, wouldn't you know, sadness hit ol' Maybelle like buckshot when my dear friend, Twindle Mumbly's beloved dog, Penny, passed away last week. I knew she wasn't well, but she got really sick, really fast, and then came the phone call. "Maybelle, she's gone."

I was at Twindle's place in a nano-second. The front door was open and as I entered I could hear him howling from the other room. "Twindle," I yelled. "I'm here." Stay where you are, Maybelle, I thought to myself. He needs to cry. Just be.

I walked over to his desk where an old Remington typewriter, one of Twindle's prized possessions, sat with something he had written just a few hours before:

Bright as a penny. That's what we used to say about someone or something that shined brightly when I was a kid. Like Penny, my dog. My friend. My heart. My Light. But we don't have pennies anymore. And, soon I won't have her anymore either. In a day. Maybe a week. She sleeps with the pain now. Doesn't eat. It hurts her to walk. Penny has cancer.

It's 3:00 a.m. and I'm downing my third oatmeal raisin cookie. I should be sleeping. Instead, I'm typing my

thoughts that need to come out right now right here so that maybe I will be able to sleep tonight. Correction, this morning.

Penny's on my bed. It kills me to peek in at her. I'm afraid she won't be breathing. She won't know me. She'll be gone. Her body will be heavy and cold. She won't bark anymore when I leave the house. Won't jump into my arms when I come back home. Won't ride shotgun in the passenger seat or in the back seat or on my lap.

I am dying, too. I can feel it. My heart is giving her whatever life it has so she'll stay. Stay, Penny! I command you. Stay! Be a good dog. Stay with me. Please stay with me.

My heart sank. I knew the pain of losing a beloved pet. Pet. What a strange thing to call something that was a SOMEONE to you. A someone who loved you unconditionally. How many humans love each other unconditionally? No wonder we're so devastated when we lose a beloved dog or cat, bird or turtle. Or, whatever has enriched our life with a kind of bond that only the two of us understand.

It came to me, in that moment, what I would say to Twindle when he was finally able to say goodbye to Penny and enter the room. I would say, nothing. It wasn't about me. It was about

him. Just being there and letting him say what he needed to say or do, felt right. And if there were no words, then that is how it would go.

As it turned out, we just sat for quite a while. An eternal while.

"Penny Penny bright as a penny," he mumbled, and wept some more.

Maybelle's Fireside Stories is written by Jerelyn Craden. "Maybelle's Cure for What Ails You," 21 of Maybelle's best short stories, and "Vessie Flamingo Outshining the Moon" (a novel) is now available at www.amazon.com.

Maybelle's



Fireside stories

Community Events

Send your event listing to classifieds@haliburtonpress.com

Youth Unlimited's Bridge Youth Centre Open House

When: Saturday January 18 from 2-4 pm
Where: 2 Victoria St.

Please park at rotary parking lot so accessible parking is available for those who need it.

The Wilberforce Heritage Guild invites 2025 Annual Meeting.

When: Monday, January 20, 7 p.m.
Where: The Wilberforce Red Cross Outpost Historic House Museum, 2314 Loop Road, Wilberforce ON.

Everyone Welcome. For information contact Barb Schofield at 705-448-2598 or wilberforcebarb@yahoo.ca

Understanding your Youth: How to give support through challenging times

When: Tuesday, Jan. 21 at 7 p.m.
Where: Schofield Room, Haliburton Legion, 719 Mountain St., Haliburton

A discussion with Rachelle Stephens and Shannon Norris, who are child, youth and family therapists with Point in Time, who will lead a conversation focused on ideas of good practice, guidance and available resources for parents. This is part of a continuing series on "Making our Communities Better Places", and will be opened with music by the Porter Brothers. Open to all, no admission charge, light refreshments provided.

Recurring events

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level

Admission: Yearly membership of \$59
A non-profit/commercial network of weight-loss support groups, offers

programs for healthy living and weight management.

Bridge for Seniors

When: Mondays at 1 p.m.

Where: Haliburton Legion - Schofield Room. All welcome

Haliburton Legion Walking Group

When: Mondays at 9 to 10 a.m.

Where: Haliburton Legion - Remembrance Hall

A safe walking environment. Lead by an Occupational therapist.

Free Balanced Fitness and Active Social Senior Classes

When: Every second and fourth Tuesday of each month at 10 to 11 a.m.

Where: Haliburton Legion - Remembrance Hall

All seniors are welcome. Group led by Registered Recreation Therapist

Bid Euchre

When: Wednesdays at 1 p.m.

Where: Haliburton Legion - Remembrance Hall

All welcome!

Seniors Chair Exercises

When: Thursdays at 1 p.m.

Where: St. George's Anglican Church, 617 Mountain Street

Please join us for safe and gentle exercises for seniors to help with balance, strength and flexibility. Free to join.

Cards/Euchre/Cribbage

When: Thursdays at 2:30 p.m.

Where: St. George's Church

617 Mountain Street

Lakeside Church Service

When: Sunday at 9 a.m. and 10:45 a.m.

Where: 9 Park Street, Haliburton.

Whoever you are, wherever you've been, you are welcome here.

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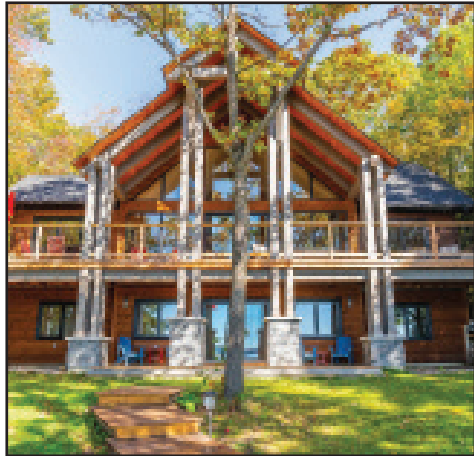
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Legion Events

Branch 441 Kinmount

Monday: Bid euchre 1 p.m.
Cornhole 7 p.m. (upstairs)
Ladies darts 7:30 p.m. (downstairs)
Tuesday: Coffee and chat 9 to 10:30 a.m.
Wednesday: Coffee and chat 9 to 10:30 a.m. Mixed darts 7:30 p.m. Canteen opens at 6 p.m.
Thursday: General meeting (3rd week) Members only 7:30 p.m.
Friday: Chair yoga 10 a.m. Bingo, doors open at 5 p.m. Supper special every week. Canteen opens at 4 p.m.
Saturday: Meat draw 5 p.m. Canteen opens at 3 p.m.
Sunday: Ladies Auxiliary meeting (members only) third Sunday every month at 2 p.m.
We welcome everyone to our events and we look forward to seeing you.

Branch 129 Haliburton

Mondays: Bridge 1 p.m. Schofield Rm. Youth darts 6:30 to 8 p.m. Clubroom 10 to 18 years of age. All are welcome, no experience necessary
Tuesdays: League darts 7 p.m.
Wednesdays: Bid Euchre 1 p.m. start – Main Hall. Bingo doors open at 6 p.m. Bingo starts at 7 p.m. First Wed of each month - \$1000 jackpot, rest will be a \$500 jackpot. Follow Facebook.com/Branch129 Bingo for the most up-to-date information
Thursdays: General Meeting third Thursday of the month, 6:30 p.m. All members urged to attend. Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Five meat draw, five prizes each draw, first draw 4:30 p.m., last draw 6:30 p.m. Tickets \$2 per draw. Paul Sisson, MC. Friday fun darts from 4:30 p.m. and onwards. 50/50 Draw 5:40 p.m.
Whether you're planning a function for 10 or 200, call Cheryl Waller at 905-447-7741, email haliburtonlegionrentals@gmail.com or visit haliburtonlegion.com. Everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips, Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541. Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Branch 624 Wilberforce

Hours - Sunday: Special Events Only, Monday: 7 to 10 p.m., Tuesday: Closed, Wednesday: 2 to 6 p.m., Thursday: 2 to 10 p.m., Friday: 2 to 11 p.m., Saturday: 2 to 9 p.m.
Thursday, Jan. 16, 23, 30 - Cornhole, \$5/player, 7 p.m.
Friday, Jan. 17, 31 - Wings and Jam, \$15/lb, 5 to 8 p.m.
Saturday, Jan. 18, 25 - Meat Draw, 3 p.m.
Monday, Jan. 20, 27 - Darts, \$5/player, 7 p.m.
Wednesday, Jan. 15, 22, 29 - Darts, \$4/player, 2 p.m.
Friday, Jan. 21, Seniors 55+ Lunch, \$15, Noon
Saturday, Jan. 18 - Karaoke, Food provided, 8 p.m. to 1 a.m.
Friday, Jan 24. -Spaghetti Dinner, 5 to 8 p.m., \$15
Saturday Jan 25.
Pat and Phyllis Memorial Ice Fishing Derby. Weigh in is at 3 p.m. Registration is \$20. Call the Legion for more info 705-448-2221

Fresh Beginnings: Setting Environmental Goals for the New Year

As we step into a new year, it’s a time for fresh beginnings, reflection, and setting intentions. At the Haliburton Highlands Land Trust, we believe that this is a perfect opportunity to reassess our environmental values and set meaningful goals to help protect the natural beauty of Haliburton County. Here are a few simple yet impactful environmental goals for the year ahead:

1. Spend More Time Outdoors

Enjoying the great outdoors is easy in beautiful Haliburton County, with its extensive portage routes, hiking trails, and public parks. The Haliburton Highlands Land Trust (HHLT) is proud to offer two stunning properties (Barnum Creek Nature Reserve and Dahl Forest) that are open to the public for hiking, snowshoeing, and simply enjoying nature. In the new year, make it a priority to spend more time outdoors, as it can benefit not only your physical health but also your mental well-being.

2. Reduce Your Carbon Footprint

As concerns about the climate crisis grow, reducing our carbon footprint has never been more crucial. This year, consider setting goals to use less energy, reduce waste, and make more sustainable choices. Additionally, reflect on where you’re spending your money and whether the companies you’re supporting align with your environmental values. For example, Amazon, fast fashion brands, and other large corporations often have significant carbon footprints. By limiting purchases from big online retailers, opting for long-lasting sustainable clothing, and reducing plastic usage, you can make a meaningful impact.

3. Support Local Conservation Efforts

A great way to contribute to environmental preservation is by supporting organizations dedicated to protect-

ing the land and our environment. Whether it's through donating, volunteering, or spreading the word about local conservation projects, your support is invaluable. In Haliburton County, we are fortunate to have many environmentally focused groups, such as Haliburton Highlands Land Trust, Abbey Gardens, Ulinks, Friends of Ecological and Environmental Learning, Master Gardeners, and Environment Haliburton to name just a few.

4. Educate Yourself and Others

A common phrase is "knowledge is power," and this is especially true when it comes to environmental issues. One of the most powerful ways to make a difference is through education and awareness. This year, make it a goal to learn more about environmental challenges. A great place to start is by exploring books and/or documentaries, or attending community events. For a great variety of books dedicated to conservation and the environment and many other topics, visit the Haliburton Library at Haliburton County Public Library Community Collections, "The Land Trust Collection". Share your newfound knowledge with friends and family to spark conversations that inspire positive change.

Although the new year doesn’t require a complete reinvention, it offers a chance for a fresh start. Let’s remember that every small step we take can have a lasting impact. By setting environmental goals for 2025, we can help ensure that Haliburton County remains a place that future generations will cherish and protect. Here’s to a year of new beginnings and a shared commitment to creating a healthier, more sustainable world for all.

*Submitted by Laura McNeill,
Haliburton Highlands Land Trust*



Learning new ski-lls

Joleen Thomas gathers families together on Saturday, Jan. 4 in Glebe Park to kick off the official start of Jackrabbitt ski season.
/EMILY STONEHOUSE staff



Young skiers line up before heading out on the trails on Jan. 4.

Headed to the Barre this new year

EMILY STONEHOUSE
County Life Editor

It's a new year, and many are diving into those lofty goals to better themselves in some capacity.

Getting fit is often something that's at the top of many a resolution list, but like many well-intentioned endeavours, it often gets dropped by the time we hit February.

But Kirstley Dams wants to change that. "For me, the effect that daily movement has on my mental health is the number one reason to stay consistent," she said.

Dams runs Pulse with Kirstley Barre classes out of the Reform + Restore studio in Haliburton. "When I tell someone I teach a Barre class, nine times out of 10 they think I'm talking about a bartending class," Dams chuckled. "Barre is a form of exercise inspired by ballet that does not involve dancing. We use body weight, light weights and resistance to increase strength, mobility and endurance."

With a balance between mat training and using a ballet Barre as a tool, the classes have the ability to be simultaneously fast-paced and gentle, intense and calming. And unlike varying fitness or dance classes, Barre can be for anyone. "There is no fitness or ballet experience needed," said Dams. "Participants have noticed a difference in their physical capabilities as well as a positive impact on their mental health."

And that's what Dams believes this should all be about. In the era of making resolutions and bettering yourself in some capacity, the core of the goals



Kirstley Dams is offering Barre classes to Haliburton County, and encourages all those interested to try it out. /photo submitted

should always be ways in which you feel your best. "Daily movement is important for a lot of reasons," Dams said. "Regardless of what your goals may be, moving your body daily is going to have a positive impact on your cardiovascular health, and ensure you maintain mobility

and muscle mass as you age."

There are a few different ways to explore Pulse with Kirstley. One being a drop-in option during weekly sessions, but the other option is to opt into multiple sessions at once. "Coming to one session will definitely give you some daily

movement and you'll leave with a nice dose of serotonin," Dams said. "But if you are looking to achieve results - not just appearance related but could be increasing your balance, flexibility, mobility or aerobic ability - then consistency is the only way to achieve those."

Dams noted that she has worked with individuals who have grown stronger; both emotionally and physically, over the course of a training session. "We have people who are able to do things by the end of an eight week Barre series that they've never done before," she stated.

The Minden-based Dams first got into Barre a decade ago, when she lived in Burlington. "It was the only fitness class I ever really felt comfortable in," she reflected. Since then, she continued practicing from home, but noticed an absence of available classes locally upon moving to the area.

At the end of 2022, Dams was inspired by the co-owners of Haliburton's Reform + Restore, Sarah Comer and Shay Hutchings, to commit to receiving her Barre certification, and start her classes.

Since then, she has worked with clients of all ages and experience levels to bring Barre to life in the highlands. "Trying something new can be scary," Dams said. "But I think if you are someone who is craving movement but hasn't quite found the type of exercise that works best for you, then just come out and try a class."

Dams welcomes inquiries and questions, and can be reached through Instagram @pulsewithkirstley or by email kirstleyd@hotmail.com.

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Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email emily@haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.



Cardinal by Lou Weber



Turkey and deer by Jill Moulton



Deer by Tammy Nash



Woodpecker by Jill Moulton



Chicken and cat by Lou Weber



**PLACES
for PEOPLE**

Turn Up The Heat for Places For People – we did it

A huge thank you to the incredibly generous people of Haliburton County! We are thrilled to announce that not only did we meet our fundraising goal of \$15,000, we surpassed it—raising a remarkable \$17,600! This shows that affordable housing is a priority for our community, and you've proven that you truly put your money where your heart is.

Throughout December, the "Turn Up The Heat for Places for People" fundraising campaign invited donors to help cover the cost of a new furnace for one of our homes and offset the heating costs for all 20 of our affordable housing units. Supporters could purchase a degree or part of a degree to give as an eco-friendly gift or keep it for themselves.

The campaign was sparked by the urgent need to replace an aging oil furnace at a cost of \$8,450. Combined with the heating expenses for all 20 of our units, the total bill last year approached \$40,000. While our tenants contribute to these costs through rent, there is still a significant funding gap.

Special thanks to all the loyal supporters of P4P who donate throughout the year and the volunteers who contribute their time. Shout out to Walkers Heating and Cooling, Kelly's Propane, and Home Hardware for their on-going support with gifts in kind.

We also want to thank all the like-minded groups who share our values and who together with us are making housing and affordability a priority for Haliburton County.

Places For People is proud to own and

operate 20 affordable units throughout Haliburton County— without relying on government grants. Managing these properties and supporting our tenants is no small feat, but it is a responsibility we take on with dedication and pride.

If you missed the campaign but would still like to help, consider becoming a monthly donor. And if you are wondering what to do with the \$200 you're about to receive from the Ontario government, Places For People would be deeply grateful for your donation.

Looking ahead, we are excited to announce our annual Sleeping in Cars event, which is just around the corner. We will be recruiting teams to participate in this challenging and impactful fundraiser, so if you have a group ready to brave a winter night, we'd love for you to join us. Save the date—March 21st, 2024! More details will follow soon.

Stay connected with us on Facebook and Instagram for updates.

Places for People is a charitable organization. We run entirely through the efforts of volunteers and we do it all without government funding.

Donations can be made through Canada Helps or Zeffy via our website: placesforpeople.ca.

For more information, please contact: Sherry Lawr

Email: sherry@placesforpeople.ca

Phone: 416-888-3867

Thank you again for your overwhelming support!

Submitted

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classifieds@haliburtonpress.com - deadline Thursday at Noon

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Haliburton Legion
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We want to express our heartfelt thanks for the incredible support we received during our 2024 Gifts from the Heart Fundraising Campaign. Your generous donations have ensured that we can deliver 1,530 free, nutritious

meals every month right through to next December through our Community Kitchen Program!

You have helped ensure food security in both Haliburton County and North Hastings, to those who need it most.

Thank you once again ... we're truly in this together!

For more information, please call 705-457-1742

*Submitted by Laurie McCaig, |
Marketing Manager,
SIRCH Community Services*

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Wednesday, January 18, 1984

Council petitions county over bridge

Anson, Hindon and Minden Council passed a resolution at their January 11 meeting requesting that the County Council review its decision to maintain and upgrade the present Ingoldsby bridge.

The municipal council conducted a study by a consultant who recommended a new bridge in lieu of repairing the existing structure. The municipal

council also points out that money has been spent to acquire the necessary extra property, that plans have been drawn up for a new bridge and that the majority of taxpayers in Ingoldsby

have indicated that they want a new bridge.

It was also pointed out that costs have escalated since the first estimate of \$400,000.00 and will

continue to escalate.

The resolution asks that the County Council submit a report to the municipal council and the residents of

Ingoldsby explaining why the County Roads Committee reversed their decision to rebuild.

County council is expected to deal with the matter at today's (January 18) meeting.

Head Lake project could benefit county

A major resort development could be in the offing for Haliburton County according to information made public at a recent meeting of the Dysart municipal council.

It was revealed at the meeting that Sherwood Developments Ltd., has plans to create a 30 dwelling time sharing development on property adjacent to Head Lake in Haliburton Village. The property in question is part of the municipality owned Glebe Park, in which the Haliburton Highlands Museum is located.

Sherwood Developments had proposed a similar development for Spruce Lake near Haliburton Village over a year ago. That project has apparently been shelved in favour of the Head Lake development. Under the proposed scheme, individuals would be able to purchase a guaranteed time period each year at one of the 30 log structures to be

erected on the site.

According to Dysart Reeve Murray Fearrey, the development could prove to be a major boon to the county. "The initial cost estimated at \$7,500,000," Fearrey commented, "in construction costs and material. As well the

Construction costs estimated at \$7,500,000...

company has planned to spend over two million dollars in promoting the project. Each time they promote the development they will be promoting the Haliburton Highlands."

The reeve noted there would be spin-off effects once the development is complete, as visitors to the site will be purchasing goods and services from local merchants.

Fearrey said the offer to

sell the municipality owned park land to make way for the development has been accepted on a tentative basis. He said there were still various restrictions and agreements to be worked out between the developer and the municipality.

The municipality has had the land in question appraised and a value of about \$200,000 has been set for the 30 acres.

According to initial agreements, the developer would be responsible for the installation of roads, and sewers and would allow continued access to the cross-country and snowmobile trails which cross the property.

The council is expected to meet with the developer later this month to iron out the details of the land sale and project. If the project receives the green light, it is expected that promotion and construction could begin by late spring or early summer.



Ho hum, all this attention can to be a bit much after a while, but I guess that's the price of fame. Yes, I was the first baby born in Haliburton County in 1984. As for the details, well, my name is Christopher Butler; I was born in the Red Cross Hospital in Haliburton on January 8 at 11:51 p.m. and I weighed in at 6lbs 10 oz. This is my mother Lori; my Dad's name is Wayne and I have a sister whose name is Dawnita. I'm the grandson of Willard Butler of Richmond Hill, Valerie Nagels of London and Mr. and Mrs. Thomas Hill of Huntsville. Oh yes, I live near Minden and now I think, if you don't mind, I'll take a nap.

Stanhope noise by-law approved

The Township of Stanhope held their first meeting of the new year on Wednesday, January 11. The council members dealt with a wide range of issues mainly of a financial nature as they prepared for 1984.

By-law Enforcement Officer James Moore opened the meeting by informing council that the Chief Justice of Ontario had approved the noise by-law for the township. The new by-law, which was passed under the authority of the

Municipal Act, calls for a fine of \$53 to be paid to the municipality. This fine can be levied after the by-law enforcement officer receives a complaint about excessive noise. It can be paid through an out of court settlement.

Continuing his report to council Mr. Moore gave notification of a complaint he had received concerning a shore line encroachment. The complaint by a cottager on Kushog Lake referred to a rock filled wooden crib that had been constructed

by a neighbour on the road allowance in front of the cottager's property.

Council instructed Mr. Moore to write a letter to the neighbour requesting that the structure be removed since it had not been approved by the complainant or the municipality.

Following the report by Mr. Moore township clerk Gerald Bain read a letter from Mayor J. S. Jakes from the township of Georgian Bay regarding long term use of trailers situated

on campgrounds. The letter, which was sent to all municipalities in the province, asked for council's support in having the law changed.

Mayor Jakes pointed out that under present legislation seasonal or long term residents of trailers that are located on campsites make use of services such as hydro, weater and sewage but are not assessed taxes.

The mayor suggested that long term residents of trailers should be assessed for taxes rather than paying

a licence fee which is the present procedure under the present legislation.

Council will send a letter to the mayor expressing their support for a change in provincial legislation.

Borrowing

In further business council passed the municipal borrowing by-law which allows the municipality to borrow up to 70% of the needed revenue for the year. This will allow the municipality to borrow an amount

not to exceed \$400,000 from time to time throughout 1984.

Council also passed a by-law authorizing the township to charge a rate of 15% per annum of 1 1/2% per month interest on overdue taxes.

Committee reorganization

During a report from the recreation committee, council passed a resolution to amalgamate the Recrea-

(more on page 2)

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